

## CLAIMS

1. A process for preparing an SDG-rich product comprising a step of extracting a plant material  
5 containing secoisolariciresinol diglycoside (SDG) with a basic alcohol.
2. The process for preparing an SDG-rich product of claim 1 wherein the plant material containing SDG is flaxseed.
- 10 3. The process for preparing an SDG-rich product of claim 2 wherein the flaxseed is defatted flax cake.
4. The process for preparing an SDG-rich product of any one of claims 1 to 3 wherein the alcohol has a concentration of 30-100% (v/v).
- 15 5. The process for preparing an SDG-rich product of any one of claims 1 to 4 wherein the basic alcohol contains 0.05-2N alkali.
6. An SDG-rich product prepared by the process of any one of claims 1 to 5.
- 20 7. A material for foods and/or drinks comprising the SDG-rich product of claim 6.
8. A food and/or drink containing the material for foods and/or drinks of claim 7.
9. The food and/or drink of claim 8 } containing 1~1000  
25 mg of SDG as a daily intake.
10. The food and/or drink of claim 8 containing 0.001~90% by weight of SDG.
11. The food and/or drink of claim 8 having a form

- containing 10~90 mg of SDG as a daily intake.
12. A food and/or drink containing SDG and an isoflavone.
13. The food and/or drink of claim 12 containing 1~1000 mg of SDG as a daily intake.
- 5 14. The food and/or drink of claim 12 containing 0.001~90% by weight of SDG.
15. The food and/or drink of claim 12 having a form containing 10~90 mg of SDG as a daily intake.
16. The food and/or drink of claim 12 having a form
- 10 providing a daily intake of 10~90 mg of the isoflavone.
17. The food and/or drink of any one of claims 12 to 16 wherein SDG is extracted from a natural source.
18. The food and/or drink of claim 17 wherein the natural source is a plant material containing SDG.
- 15 19. The food and/or drink of claim 18 wherein the plant material containing SDG is flaxseed.
20. The food and/or drink of any one of claims 8 to 19 having the effect of preventing and/or improving various symptoms caused by imbalanced female hormones.
- 20 21. The food and/or drink of any one of claims 8 to 19 having the effect of preventing and/or improving menopausal symptoms.
22. The food and/or drink of any one of claims 8 to 19 having the effect of preventing and/or improving one or
- 25 more symptoms selected from the group consisting of osteoporosis, hyperlipidemia, hypertension, obesity, depression and hot flashes.
23. The food and/or drink of any one of claims 8 to 19,

which is selected from the group consisting of baked goods such as bread and biscuits, drinks such as juice and sugar-free tea, liquors, soup, candy, gum, yogurt, ice cream, pudding and jelly.

- 5 24. The food and/or drink of any one of claims 8 to 19 in a processed form selected from the group consisting of powder, granule, tablet, soft capsule, hard capsule, internal medicine and syrup.